The Lemon Grove REVIEW

SPORTS WEEKLY EAST COUNTY

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Community rallies to assist four-sport high school athlete

by Greg Eichelberger

There are no two ways about it, high school athletics, like drama, speech, music, or any other extra-curricular endeavor, takes time, hard work, and dedication – and that's just for one sport.

But when the student is involved in four separate activities, is the communications director for her ASB class, is a black belt in karate, maintains a 4.3 grade point average and holds down a job at the same time, people have to pause in admiration.

And many do for Mary Jensen, a 16-year-old junior at El Cajon Valley High School who is a member of the varsity swim and track squads, as well as the boys' water polo and wrestling teams.

A girl on a boys' wrestling team?! Yes, and she had to beat out a few males just to earn a spot on the roster. "Most of the guys have the right attitude about me being on the team," she said. "But that doesn't mean they take it easy on me, though. It's a matter of pride for them not to get beat by a girl, so I have to work twice as hard."

Jensen added that she is pretty strong (she grapples at the 189-pound weight class), but that boys at that weight have a strength advantage. She said she bench presses about 170 pounds, but by wrestling season, she should be doing over 200.

"So far, my coach, Pete Grisiffi, has taught us a lot, and I respect his knowledge," she added.

The controversy among C.I.F. and Grossmont School District officials about whether or not to sanction girls water polo has forced many talented young women from this area to play either on boys' teams (where permitted) or join outside clubs in order to participate. Jensen has done both.

In addition to her involvement with the Braves for the past two years (she's the only female on that team), she also joined the Sunset Girls water polo organization in the middle of the season last year, and was a big factor in their second-place finish in the National Junior Olympics in San Jose and their victory in the Hawaiian International Tournament last month.

"I began playing water polo to get in shape for wrestling," said Jensen. "Swimming exercises and strengthens muscles we never even knew we had. But, soon, I just fell in love with the sport (coached at ECVHS by James Torres), and despite the hard work involved, I really enjoyed participating in it.

Earlier this year, she joined Sunset and said she was was amazed at the high-level of play the girls exhibited.

Mary Jensen, 16, is holding down letters in four sports.

Photo by Greg Eichelberger

But, even with all of her talent and tenacity, if it weren't for the goodness and generosity of some great East County individuals and businesses, she never would have been able to attend that South Pacific event.

After the Junior Olympics, she returned to El Cajon and went to work (at the 7-11 on Graves and Bradley). She said she didn't think anything about the Hawaiian trip. Jensen is the daughter of James and Patricia and has a 10-year-old sister, Jamie. Jensen said she had made no plans to go, because she didn't have the money, but that she was disappointed.

Seeing her friend's dilemma, store manager, Misty Aguilar consoled her by saying, "Don't give up, Mary. Anything can happen." Aguilar began calling up everyone she knew and even put a donation box on the facility's counter so customers could drop in their spare change.

But this was just a drop in the bucket, so to speak, and considering the fact that over $1,200 needed to be obtained in a 24-hour period, things looked rather bleak. But store owners Bob and Joanne Elkins (who also run the 7-11 on Maine Avenue in Lakeside) came through with the first $100.

Contributions came in from such varied sources as the Sycuan Casino, the East County Business Council, Ron Kelly (owner of the Lakeside/Santee Funeral Chapel), Foster Freeze in El Cajon, Fred Hight (owner of Farmers Insurance of El Cajon), Gene Witlow's Lakeside Chevron station, Sombrero's Mexican Food on Graves Avenue and Marti Ayn Davis (owner of Eagle Promotions).

Word spread fast, and unbelievably, before the time limit had expired, the funds were donate or pledged, and Jensen's dream had become a reality-almost.

It wasn't until Kahala Travel, an agency in Mission Valley, offered to open up an account for her, get her tickets and set up all necessary arrangements, though, that it was a done deal.

Once that was taken care of, Jensen was on her way to Waikiki to join the other members of the Sunset Girls. She only missed one game and helped lead her team to victory over water polo groups from around the world.

"I couldn't ever imagine making that trip," she said. "It's like a dream come true. I'd like to thank everyone who helped me and express my sincere gratitude to them.

"I'll be eternally grateful for this once-in-a lifetime opportunity. I had tons of fun and both trips were a great experience for me, as well as the rest of the girls."

Greg Ormsbey, coach of the victorious squad, was very happy to see Jensen arrive. "Even though she's only been with us for about half the season, she is still an instrumental part of this group," he said.

"It's great that her friends and community came together so quickly to help her get there. I was resigned to not having her at that tournament, but seeing her was a big surprise to me and a huge lift to the other girls."

Jensen hopes to get a water polo scholarship from University of California, San Diego.

Two East County 'products' face off in Major League games

by Greg Eichelberger

It wasn't really a personal duel, but two players from East County, Jason Kendall from Alpine and Jimmy Tatum from Santee, showed off their respective baseball skills a few days ago at Jack Murphy Stadium during the Padre-Pirate series last week. Santee, which boasts of Carlton Oaks Country Club, Padre Dam Water District and Mayor Jack Dale, came out on top over Alpine.

Pittsburgh's Kendall, who platoons behind the plate with fellow catcher Keith Osik, spent a few years of his childhood in the El Cajon Little League area. His father, Fred, a Padre catcher himself (1969-76, and 1979-80), tried to get his young son into the Little League program, even though he was only four at the time.

"Fred was adamant about getting his son on a team," remembers Pat Spiegel, a longtime League official. "I informed him that a child must be 6-years-old, but he wouldn't listen.

"He kept saying, 'Do you know who I am?' and I repeatedly told him, 'I don't care who you are, your son cannot play Little League baseball at age 4, and that's that.' He wasn't satisfied, but rules are rules, no matter who you are."

Shortly thereafter, the Kendall family moved from Alpine to Torrance, and have never looked east again.

Meanwhile, Kendall, the younger, grew into quite a player, and has moved through the ranks with amazing speed, finally landing the catching co-spot for the Steel City nine, where he's batting a healthy .304 (compared to .293 for Osik). He's also a much better defensive backstop than his old man ever hoped to have been.

Across the field, in the Padres' dugout, sat Tatum, the 28-year-old just called up from Las Vegas (where he was hitting .343 with 12 HRs), and who, unlike Kendall (who is in his first season of big league ball), has toiled for the Milwaukee Brewers, Colorado Rockies and Boston Red Sox, and has been involved in the profession since 1985.

In 1992, he led the American Association with a .329 batting average and won that league's MVP award. So far, though, with the big club, he is 0-2 in a couple of pinch-hitting roles.

"I'm just happy to be here in San Diego, playing for the Padres," said Tatum, who grew up in Santee, attended Santana High School, and played the for Santee Pioneer Little League organization. "Especially when they're right in the middle of a Pennant race."

That's another advantage Tatum has over his former East County cohort.

While our team is fighting tooth-and-nail with the Dodgers for the Western Division crown, the once-proud Jim Leland-led Pirates are languishing in last place in the National League Central, 18 1/2 games behind with a dismal 59-83 record.

The face-off favored Kendall, hit-wise (2 to Tatum's 0), but the Padres swept the series three straight (revenging an earlier whitewashing by Pittsburgh here in June), all in dramatic, nail-biting, come-from-behind contests, 6-5, 6-5, and 8-7.

These victories kept San Diego right in the middle of the most exciting race since 1989 (when the team fought all the way until the last week of the season), and confirmed the fact that the Bucs are a far cry from the 1990-92 squads that won three straight Eastern Division titles, and twice game within one game of World Series appearances.

Santee can now brag that, in a small way, they topped their more affluent and exclusive neighbors to the east once again.

The Autumnal Equinox will occur at 10 p.m. Sunday. Days will grow longer as the Northern Hemisphere tilts away from the Sun. September's Harvest Moon will undergo a total eclipse on Sept. 26 that can be seen across North America.

The full Moon will be well-positioned for viewing in the eastern sky. When totally eclipsed it will glow an eerie, dim shade of orange-red or red-brown. For California viewers, the first, partial stage of the eclipse will begin before dark and before moonrise. But by late twilight, even East County will have a fine view of the totally eclipsed lunar disk low in the eastern sky. Only Alaska misses out.

The Moon gets eclipsed when it passes through the shadow of the Earth. Everyone on the side of the world facing the Moon sees the same events happening on the Moon at once. A very faint shading will begin to steal across the Moon's lower left side. This shading is the "penumbra," the pale outer fringe of the Earth's shadow. As the minutes pass, the penumbra becomes much darker and more obvious. At 6:12 p.m., just after moonrise on the eastern horizon, the edge of the Moon enters the much darker inner portion of the Earth's shadow, the umbra. This is the beginning of partial eclipse.

We will get our first good view only near the end of this period, and only through deepening twilight. Finally, at 7:19 p.m., the last bright edge of the Moon slips into shade and the total eclipse begins. Totality continues for more than an hour. Look for changing colors and patterns of shade during this time. The dominant colors will be reds and browns, but they may be offset by highlights of blue-gray.

Jupiter remains the bright "star" in the southern sky at dusk. Later this month, Saturn will rise at sunset and be visible all night. Venus will reach its highest position in the morning sky for the year. Venus and Mars appear within 3 degrees of each other in September's first week, and spread to 13 degrees apart by month's end. The end of September and early October bring us four naked-eye planets (all except Jupiter) simultaneously visible in morning twilight.

Comet Hale-Bopp is on track to become next year's Great Comet. This month, it is visible in binoculars at nightfall and detectable with unaided eye from very dark sites. Since Earth is temporarily receding from Comet Hale-Bopp until late October, the comet brightens slowly for now, to mag. 5 in September and to mag. 4 sometime in November. But we caution, quoting comet discoverer-observer and writer David Levy: "Comets are like cats. They have tails, and they do precisely what they want."

Do you have some stargazing tidbits to add? Send it to NightWatch in care of this paper, Box 127, Lemon Grove, CA. 91946.

Lemon Grove Sheriff's Log

Aug. 29-Sept. 1, 1996
8200 blk. Broadway. Grand theft. $2,000 value.

Aug. 30, 1996
7400 blk. Broadway. Auto theft. $4,500 value.

Aug. 31, 1996
3400 blk. Washington St. Grand theft. $375 value.
3200 blk. Lemon Grove Ave. Strong arm robbery. $345 value.

Sept. 1, 1996
7000 blk. Broadway. Commercial burglary. $4,000 value.
7900 blk. Broadway. Auto theft. $3,800 value.
3600 blk. Grove St. Petty theft. $179 value.

Sept. 1-2, 1996
8300 blk. Broadway. Commercial burglary. $2,000 value.

Sept. 1-3, 1996
8400 blk. Golden Ave. Residential burglary. Value unknown.

Sept. 2-3, 1996
3500 blk. Grove St. Vehicle Burglary. $200 value.
2000 blk. Lemon Grove Ave. Grand theft. $3,980 value.

Sept. 2-9, 1996
3200 blk. College Pl. Vehicle Burglary. $370 value.

Sept. 3, 1996
7200 blk. West View Pl. Auto theft. $10,500 value.
1700 blk. Dupont Dr. Auto theft. $5,000 value.
1600 blk. Dupont Dr. Residential burglary. $30 value.

Sept. 3-4, 1996
8000 blk. Darryl St. Residential burglary. Value unknown.

Sept. 4, 1996
1800 blk. Skyline. Vehicle Burglary. $100 value.

Sept. 6, 1996
7500 blk. Broadway. Commercial burglary. $19,000 value.
1700 blk. San Altos. Strong arm robbery. $70 value.

Sept. 6-7, 1996
7100 blk. Broadway. Commercial burglary. $4,000 value.

Sept. 6-9, 1996
7900 blk. Broadway. Grand theft. $930 value.

Sept. 7, 1996
7000 blk. Broadway. Petty theft. $205 value.

Sept. 8, 1996
7400 blk. Broadway. Auto theft. $1,000 value.

The Lemon Grove Review

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Only publication of an advertisement shall constitute final acceptance.

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Lemon Grove Almanac

1994 Population: **25,100**
Incorporated: **1977**
Area: **3.75 sq. mi.**
Median income: **$34,399**

Mayor: **Mary Teresa Sessom**
Council: **Thomas Clabby**
Craig Lake
Dwight Shelley
Jeff Jandura
City Manager: **Doug Yount**
Planning Director: **Jim Butler**
Attorney: **Gloria McLean**
City Clerk: **Christine Taub**
Sheriff's Capt.: **Yolanda Collins**
Fire Chief: **William Wright**

Congressional district:
52nd - Duncan Hunter
State Senate district:
40th - Steve Peace
State Assembly district:
77th - Steve Baldwin
Supervisorial district:
2nd - Dianne Jacob

1993 taxable sales: **$1.47 million**
Libraries: **1**
Post offices: **1**
Parks **4**
Recreation centers **1**

Read all about it in *the Review!* Subscribe and receive both Thursday and Tuesday's Sports paper

Nice doggy at ball game

It was no time to watch the baseball game as this Spring Valley tot ignores the on-the-field action at a recent Padres game to pet a friendly Canine Companion pup in training.

Photo by Greg Eichelberger

East County Business Council to hear talk on personal security

The East County Business Council (ECBC) will host Patricia Lundberg of the Sheriff's Crime Prevention Office at 7 a.m tomorrow at the Ranch House Restaurant, 11510 Woodside Ave.

Lundberg will speak on personal security in the home, driving, using public transportation and in the office.

The public is invited to attend the breakfast at a cost of $5.50. For information, call Lex Boswell at 443-4952.

PUBLIC NOTICES

NOTICE OF TRUSTEE'S SALE T.S. No. 96-04216 Loan No. 6385007 Title Order No. 6950695 Investor/Insurer No. 044-3072062731 APN No. 475-460-30-11 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 01/13/92. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. **Notice** is hereby given that **CTC Foreclosure Services Corporation**, as duly appointed trustee pursuant to the Deed of Trust executed by Geraldine Butler, an unmarried woman, dated 01/13/92, and recorded 01/22/92, as Instrument No. 920032721, in Book – Page –), of Official Records in the office of the County Recorder of San Diego County, State of California, **will sell** on 09/24/96 at 10:00 AM, at the South entrance to the County Courthouse, 220 West Broadway, San Diego, California at public auction, to the highest bidder for cash or check as described below, payable in full at time of sale, all right, title, and interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above referenced Deed of Trust. The street address and other common designation, if any, of the real property described above is purported to be: 8186-G Lemon Grove Way, Lemon Grove, CA 91945. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The total amount of the unpaid balance with interest thereon of the obligation secured by the property to be sold plus reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is $109,885.41. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. In addition to cash, the Trustee will accept cashier's checks drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. Said sale will be made, in an "AS IS" condition, but without covenant or warranty, express or implied, regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed of Trust, advances thereunder, with interest as provided, and the unpaid principal of the Note secured by said Deed of Trust with interest thereon as provided in said Note, plus fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. **CTC Foreclosure Services Corporation**, 400 Countrywide Way, SV-88, Simi Valley, CA 93065, Phone (805) 520-5100 ext. 2686, Sale Information (916) 387-0236. By: Gulshan Oomerjee, **Trustee's Sale Officer**. Dated 09/01/96 ASAP220233 9/3, 9/10, 9/17

Sports Beat
with Greg Eichelberger

The results are in. The people have spoken. The first column was a rousing success, and, therefore, my editor, known affectionately to everyone as "Sir," has informed me that we're on for another week, so here goes ...

What do Elvis and Santee's Carlton Oaks Golf Course (COCC) have in common? Well, nothing really, but one of the King's lesser films was called "Clambake," and that's just what they're having tomorrow at one of East County's finest country clubs. The greens fees, use of a cart, prizes and all of the clams you can digest are taken care of for just a paltry sum of $35. There's also something about winning an award for being the "best dressed clambake foursome," but I can't figure out what in the world that could mean. Would you dress up like a giant crustacean? These are questions to which there are no easy answers my friends ...

Do you like Monday Night football, but are tired of watching it alone (along with most other things)? Stop by Carlton Oaks' (great segue, huh?) Casablanca Room and enjoy the games on two giant-screen TVs, and gobble up more free happy hour food than you can shake Dom DeLuise at ...

And, while I'm on the golf subject, it seems a cadre of Padres visited COCC last Thursday to participate in the second annual Andy Ashby Athletes In Action celebrity tournament. Funds raised in the event go to help athletes become spiritual leaders in their communities, whatever that means. After a tough off-day of putting around, the players and others were treated to a healthy repast and some good-natured ribbing. Unfortunately, the team went out on Friday to drop a 3-1 decision to the Cincinnati Reds at Jack Murphy Stadium. Yes, the same Queen City squad that rolled over and played dead for the Dodgers has beaten San Diego nine out of 10 times thus far this season.

And that leads me to this week's rant. Evidently, the big broadcast stations, Fox and NBC, are pulling for the New York Yankees, Cleveland Indians and Baltimore Orioles or the Chicago White Sox in the A.L. play-offs, and Atlanta, St. Louis, Chicago Cubs and Los Angeles in the National League. They're hoping against hope that our Padres don't figure in that solution.

If they had their way, there would be a Yankee-Dodger series *every* year. I remember when the two teams met in 1977, '78 and '81, and, believe me, folks, they weren't very good exhibitions. Each one ended in six, and except for maybe one or two games, were frightfully dull. That's why I'm jazzed about the possibility of the Pads taking the division this year. Number one, if they clinch it here, yours truly will get some decent photos for our East County fans, and two, it will extend the season at least three more contests.

High school football is off and running and here are a few local scores – Helix dueled Patrick Henry to a scoreless standoff; West Hills was consumed by La Jolla (what a lovely analogy), 27-7; Monte Vista (last year's Division II C.I.F. champs) were shot down by the Patriots' missiles, the Patriots of Orange Glen High, of course, 39-20 ...

With La Jolla High School's win over West Hills in football the other night, coupled with their victory over the Grossmont Foothillers in cross country, one has to ask, why can't we beat those snobs from the coastal north?! I figured we breed big, husky, corn-fed athletes that could surely trounce the pale, rich surfers and skateboarders so prominent in that area, but, perhaps, I was wrong.

Maybe I just underestimated their strength. But things could Change next week when the L.J. Vikings face the (El Cajon) Christian Patriots, who went 10-3 last season. And, that's another thing. Why is Christian High School's team called the "Patriots," anyway? What about the Angels? The Saints? Something to embody the spirit of the Spirit would certainly be a vast improvement. Maybe you can think of a few new monikers yourself and send it to: Change The Name Of The Christian Team c/o Greg Eichelberger, 4320 Westerra Court, San Diego, CA 92121 ...

Two Grossmont Community College gridiron stars, QB Akili Smith and OL Kyle McComb, have just been named to the "J.C. GridWire" 1996 Preseason All-American Football Team. Now I'm not sure about naming someone to an All-American squad BEFORE the season starts, but that's neither here nor there, I still congratulate the two Griffins (now there's another team name I can't figure out) for their accomplishments ...

East County youth, ages 10 - 15, interested in playing for the Future Stars Basketball Instructional Club, need only to contact Steve Oatsvall at 562-1059. You can also sign up to participate in the 12-and-under traveling team by dialing the same number. Practices are held at Christian High in El Cajon ...

If you haven't got enough of water polo these last two issues, here's some more for the fanatic in you. The San Diego Shores, a private team, much like the Sunset Girls, will be starting their fall season soon for boys and girls 13-and-younger. Call Randy Dimacali at 455-1642 for more information ...

Want to learn Flag Football? Just contact the El Cajon Recreation Department at 441-1670, and they'll give you the straight scoop ...

Campo's own "Terrible" Terry Norris retained his junior middleweight International Boxing Federation and World Boxing Council crowns with a victory over challenger Alex Rios last week in Las Vegas by a TKO (technical knockout) and notch the 44th win of his career ...

You can contribute to the free flow of information if you want. Simply call 390-7103 and let me have it. Just like the former Green Bay Packer coach Vince Lombardi once said: "This column's not everything. It's the *only* thing." Have a great sports week, amigos.

Steele Canyon's Jeff Johnson named Southern Cal Golf Professional of Year

by Norrie West

Jeff Johnson, the head professional at Steele Canyon Golf Club, has climbed the ladder to success in his chosen field. He is so respected by his peers that:

(1) He is president of the San Diego PGA Chapter

(2) He twice (1993 and 1995) was elected the chapter's Professional of the Year, and

(3) Most recently he was named Golf Professional for the year of the entire Southern California PGA Section.

Those are high marks well earned after 26 years of learning his trade, and that is not easy because PGA professionals must take a raft of courses, and must spend at least five years as an apprentice before they become a full fledged Class A pro.

Johnson came up the hard way, beginning his golf career as a 16-year-old helper in the golf shop at Chula Vista Municipal, where Head Pro Joe Warburton gave him his start.

That was in 1968 and only six years later he became the head man at San Diego County Club, a prestigious job indeed.

And then when Steele Canyon opened in 1991, Johnson was selected to direct the pro staff at the new 27-hole Gary Player-designed Jamul layout.

San Diego PGA Chapter President Jeff Johnson (right) poses with Bryan Gorman, this year's County Open champion.

Photo by Norrie West

He is still there, of course, with a staff of three assistants, and it does look like Steele Canyon is finally doing quite well. "It takes a lot of hard work," Johnson said. "A new course has no backlog of players who have called it their home course over the years. But we are developing one."

Player did design a course unlike any other in the county, with three quite different nines, named Canyon, Ranch and Meadow.

The recurring trade-mark is "open" greens, – that have frontal areas receptive to pitch-and-run shots.

"With are no traps or ponds fronting any green, you can get on with a low running shot," Johnson said. "Few courses can say that. It definitely gives every golfer better chances."

One of the teaching pros at Steele Canyon is the man who got Johnson started, retired pro Joe Warburton, who still can teach the game as well as anyone around.

Prep coach gives his recipe for peak performance to youth players' parents

by Brian Priebe

All the rewards your children hope to receive by playing baseball – from earning the respect of their peers, to winning a spot on the summer traveling team, to landing a college scholarship, to just plain having fun – are within their grasp if they learn to compete consistently at or near their peak skill level.

Ken Ravizza and Tom Hanson, in their book *Heads Up Baseball: Playing The Game One Pitch At A Time*, describe the ingredients of peak performance and how, instead of relying on luck or fate, players can develop the mind set needed to realize their full potential.

First, players must gain control of their thoughts and emotions in game situations. Peak performance occurs when players are calm, relaxed, centered and focused solely on the task immediately ahead of them, i.e., the very next pitch.

Once in control, players should formulate a plan of what they intend to accomplish during the next play. For example, a batter may say to himself, "I've got a 2 - 0 count. I'm going to sit on a fast ball belt high over the outside the plate and drive it into the right center field gap."

Players increase their chances of having a peak moment even more, if they visualize themselves, in vivid detail, carrying out their plan to a successful outcome.

Immediately before executing their plan, players need to release all conscious thought about mechanics, trust their

skills and let the performance happen. In other words, they put themselves on auto-pilot and let'er rip.

"Get in control, have a plan and trust enough to let it happen" – this is the process a player goes through when he's having a peak performance, whether he realizes it or not. According to Ravizza and Hanson, these special moments occur naturally about 10 percent of the time. For the other 90 percent, players must be proactive and generate a relaxed, centered frame of mind.

Many young ball players don't recognize how their mind dramatically influences their physical performance. Unaware of the mind-body connection, some youngsters may convince themselves that their occasional moments of excellence are merely flukes. Other ball players may spend countless hours in the backyard honing their physical skills only to "choke" in a tight ball game.

The good news for all young hopefuls is that sharpened mental skills can unlock the chains that might otherwise restrict their true physical talent. The ability to control one's focus and emotions can improve, as can hitting, fielding and throwing skills, by practicing good technique regularly.

For all this to occur, a player must develop an insight and awareness of their mental state. They must be able to see clearly where they are placing their focus, before they can shift it precisely to the task at hand.

This author suggests that young people have far more capacity than they are given credit for. People tend to live up to (or down to) the expectations placed on them by others. The sooner parents and coaches hold young people capable of commanding their mental game, the sooner the youngsters can empower themselves to achieve their performance goals.

Especially in baseball, where making an out in seven out of 10 at-bats is normal, a requisite for success is having the courage to try and fail. Parents and coaches must give youngsters permission to learn through failure by creating an environment in which they feel comfortable trying out their "new" mental skills.

Through encouragement and patience, youngsters will gain confidence with each small victory, reduce their anxiety and pave the way for many peak performances.

Brian Priebe is the pitching coach at Monte Vista High School.

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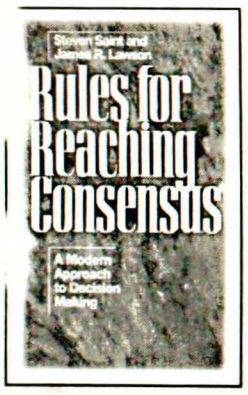

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LA MESA TOWNHOUSE - 5440 Baltimore, 3 BR, 2.5 BA. Beautiful, just like a home. It's got everything, skylights in LR and stairway, mirrored closet doors, great location, gar into unit. **$129,000**

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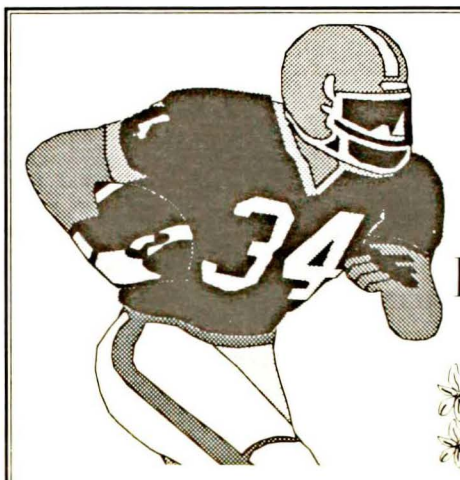

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